

CLAIM(S):

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

1) The claim 9 has been amended as follows:

--9. (amended) A mechanical apparatus comprising:

~~a base structure~~ frame, and  
~~covered with a motionless cushion~~ means for supporting the user's  
body while its wrist or ankle is engaged to a belt attached to a steel cable,  
wherein said steel cable passing passes around a small pulley being engaged  
into therein an adjustable rotary part turning freely in all directions and  
being connected at a curved end of a vertical bar mounted of each side of  
one small pulley and blocked thereby a metal pin through a hole formed  
thereon a part member fixed to the ~~base structure~~ frame of the apparatus for  
adjusting the vertical bar according to the desired position, and  
wherein said steel cable ~~extending~~ extends inside said vertical bar so as to  
be able to turn around two small pulleys being mounted at said ~~base-~~  
~~structure~~ frame of the apparatus and of a main large pulley being fixed at a  
diagonal bar, and

wherein said steel cable to be is finally attached to a ~~first~~ one end of  
~~an arm member~~ a bar being connected to a spiral spring and which the  
~~second end is~~ fixed at said base structure frame of the apparatus [[:]] , and  
wherein a said spiral spring is connected approximately in middle of said  
~~arm member and~~ welded to a rod connected to a part member which may be  
moved along the perforated body member being welded to said ~~base-~~  
~~structure~~ frame of the apparatus and to be blocked through a hole thereby a  
metal pin for adjusting the tension of said spring. --.

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

**9. A mechanical apparatus comprising:**

**a frame, and**

**means for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable,**

**wherein said steel cable passes around a small pulley being engaged therein an adjustable rotary part turning freely in all directions and being connected at a curved end of a vertical bar mounted of each side of one small pulley and blocked thereby a metal pin through a hole formed thereon a part member fixed to the frame of the apparatus for adjusting the vertical bar according to the desired position, and**

**wherein said steel cable extends inside said vertical bar so as to be able to turn around two small pulleys being mounted at said frame of the apparatus and of a main large pulley being fixed at a diagonal bar, and**

**wherein said steel cable is finally attached to one end of a bar being connected to a spiral spring and fixed at said frame of the apparatus, and**

wherein said spiral spring is welded to a rod connected to a part member which may be moved along the perforated body member being welded to said frame of the apparatus and to be blocked through a hole thereby a metal pin for adjusting the tension of said spring.